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*Anatomy Trains in Motion -
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Understanding Pilates and
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The Anatomy of Pilates shows what actually happens to the body's muscles and joints during Pilates exercises. Each two-page spread features detailed anatomical illustrations of an exercise (with muscle actions highlighted in red), a detailed description of the exercise and its objectives, the particular breathing pattern to be used, a list

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of the specific muscles being worked, visualization techniques, complementary exercises, and more.

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Understanding how the body works Pilates seeks to produce a fit, sleek and well-toned body. To understand the Pilates method and gain maximum benefit from it, a basic knowledge of the key areas of anatomy can be very helpful.

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"The Anatomy of Pilates" is

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an accessible, authoritative guide for current and prospective teachers of Pilates, practitioners at all skills levels, physical therapists and health professionals. The Anatomy of Pilates: Amazon.co.uk: Massey, Paul ...

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The Anatomy of Pilates is divided in to chapters on the principles of the Pilates Method, posture and movement assessment, and application of the Pilates Method.

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Based on a series of precise

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movements and the employment of equipment such as rubber balls and exercise bands, Pilates emphasizes concentration, control, alignment, core stability, and proper breathing. The Anatomy of Pilates shows what actually happens to the body's muscles and joints during Pilates exercises.

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"PilatesAnatomy by Rael Isacowitz and Karen Clippinger is an exceptionally well-mapped journey into the muscular

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anatomy and kinesiology of Pilates exercises. A must-have anatomy book for any serious student of Pilates, Pilates Anatomy will surely appeal to anyone interested in how muscle groups work together in exercise." -- Marguerite Ogle, About.com/Pilates

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